

FUTURE OF PEDIATRICS TALKS!

A VIRTUAL SUMMER SERIES

Pediatric Health Network
 Children's National.





Anisha Abraham has global health experience and is a pediatrician and teen health specialist on faculty at Children's National Hospital and Medstar Georgetown University Hospital. Check out her recently released book [*Raising Global Teens: Parenting in the 21st Century*](#) and watch her TEDx talk: [*Demystifying Teens*](#).



Nomi Sherwin is currently a fellow in the Division of Adolescent and Young Adult Medicine at Children's National. Her scholarly and clinical interests include social justice medicine, ethics, the influence of culture on teenage identity and medical education.



Patricia Kapunan is a military-trained Adolescent Medicine specialist and pediatrician with broad experience in clinical operations leadership and academic medicine, and graduate training in clinical research and public health. Areas of focus include health services delivery, care of adolescent patients with chronic complex health conditions, and transition from pediatric to adult health services.



Joseph Waters is a Adolescent Medicine fellow at Children's National Hospital since July 2019. His clinical and research areas of interest include working to address social determinants of health and improve the lives of sexual and gender minority youth.





TOP 7 CHILDREN'S HOSPITAL IN THE NATION 2021

SPECIALTY	
Overall Hospital Ranking	7
Neonatology	1
Neurology and Neurosurgery	3
Cancer	5
Nephrology	6
Orthopedics	6
Pulmonology	8
Diabetes and Endocrinology	10
Gastroenterology and GI Surgery	20
Urology	25
Cardiology and Heart Surgery	38

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Future of Pediatrics Talks! A Virtual Summer Series



A few notes about today's Webinar

- All lines are muted throughout the webinar.
- Please use the Q&A box to ask questions or make comments.
- Today's Webinar recording, slides and resources will be posted to the PHN website following the presentation.
- You can find past FOP presentations on our website at <https://pediatrichealthnetwork.org/future-of-pediatrics/>

Upcoming FOP Talks!

DATE/TIME	TOPIC	SPEAKER(S)
June 29 12:00-12:30	Children's National Hospital & COVID-19 Update	Kurt Newman, MD Bud Wiedermann, MD, MA
June 29 12:30-1:00	Food Insecurity 101: Effective Strategies to Screen & Intervene	Kofi Essel, MD, MPH, FAAP
July 13 12:00-12:30	Atopic Dermatitis: New Treatment Recommendations	Kaiane Habeshian, MD
July 13 12:00-12:30	Hemangiomas & Port Wine Stain	A. Yasmine Kirkorian, MD

Speakers



Anisha Abraham, MD, MPH



Nomi Sherwin, MD



Patricia Kapunan, MD, MPH



Joseph Waters, MD

No conflicts to disclose:

- No financial or business interest, arrangement or affiliation that could be perceived as a real or apparent conflict of interest in the subject (content) of their presentation.
- No unapproved or investigational use of any drugs, commercial products or devices.

Love in the Time of Coronavirus: Navigating Youth Sexual Health During a Pandemic



Patricia E. Kapunan, MD, MPH

Adolescent Medicine Physician

Medical Director, Adolescent Health Center

Children's National Hospital

Joseph Waters, MD, MPH

Adolescent Medicine Fellow

Children's National Hospital

- We have no conflicts of interest to report
- This presentation's content includes no off-label use of drugs or devices

Today's Objectives

- Describe the impact of the COVID-19 pandemic on youth sexual health and on services for sexual and reproductive health (SRH)
- Employ strategies to optimize confidentiality and access to SRH care by adolescents
- Review updates in management of common sexually transmitted infections
- Learn about services available at Children's National for provider support and referral for youth sexual health issues

Pandemic Adolescent Health: Teens & COVID-19

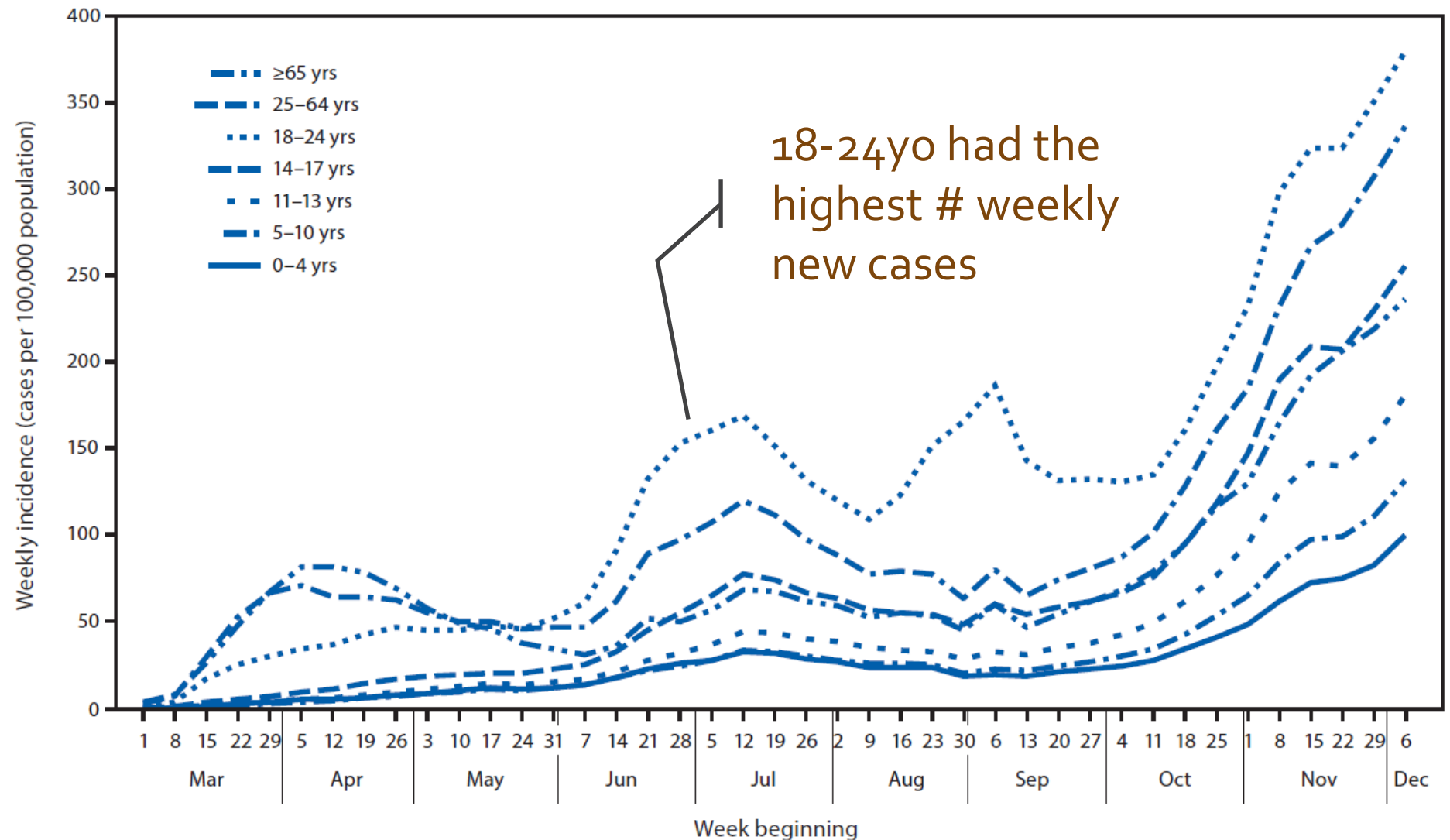
Youth have a critical role in the spread and transmission of COVID-19

- Based on national data reported to the CDC, from March-Dec 2020:
 - 18-24yo had the highest # weekly new cases of any age group
 - 14-17yo had the third highest weekly incidence

Leidman E et al (2021). COVID-19 Trends Among Persons Aged 0-24 Years - United States, March 1-December 12, 2020. *MMWR*, 70(3):88-94.

COVID-19 Weekly Incidence by Age Group: United States, Mar 1 - Dec 12 2020

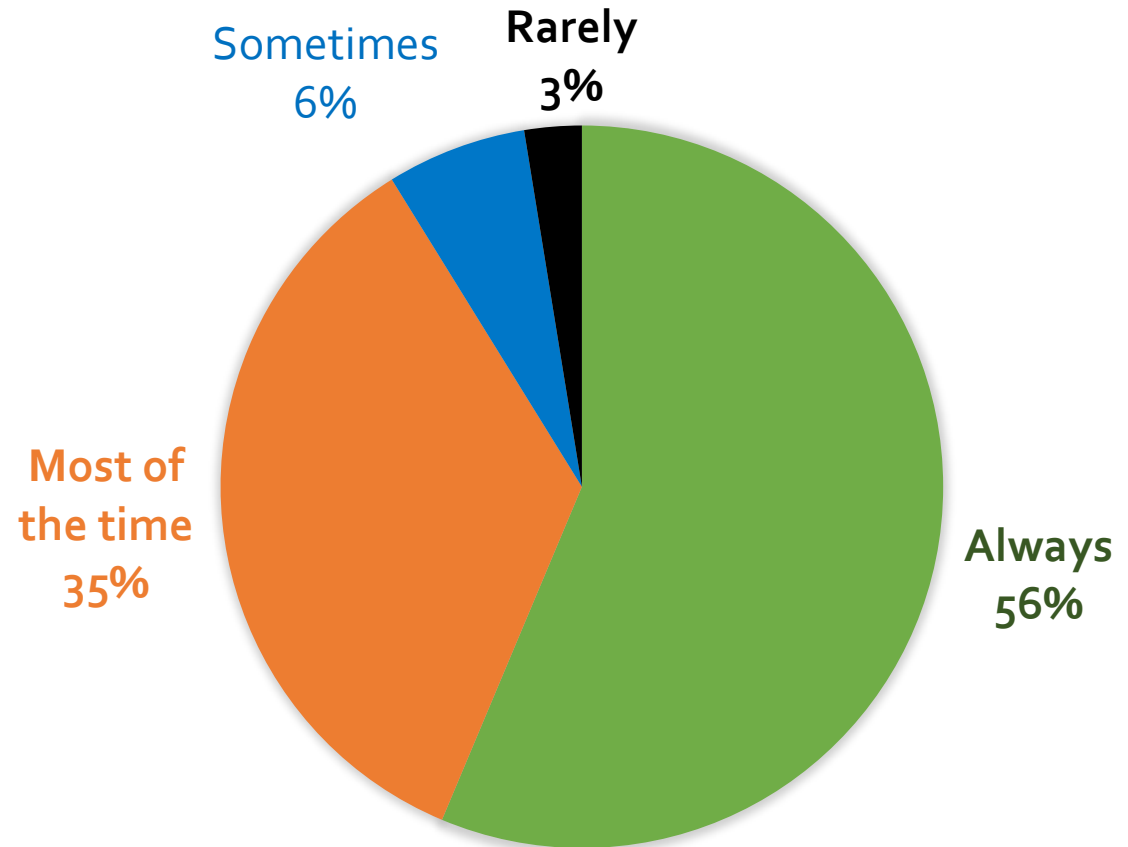
FIGURE 1. COVID-19 weekly incidence,^{*,†} by age group — United States, March 1–December 12, 2020[§]



- National text survey of 797 youth 14-24yo conducted in October 2020
- Reasons why – preventing spread to others (21.1%), other's behaviors (15.7%) and protecting oneself (15.3%)
- Much situational variation in how youth defined safe settings and close contacts

DeJonckheere M, Waselewski M, Amaro X, Frank A, Chua KP. Views on COVID-19 and Use of Face Coverings Among U.S. Youth. J Adolesc Health. 2021 May;68(5):873-881

“How often do you wear a mask when you are near people you don’t live with?”

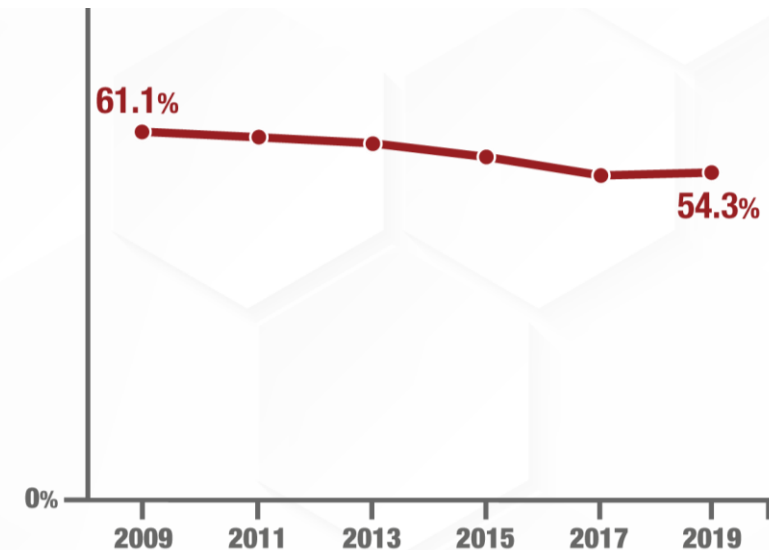
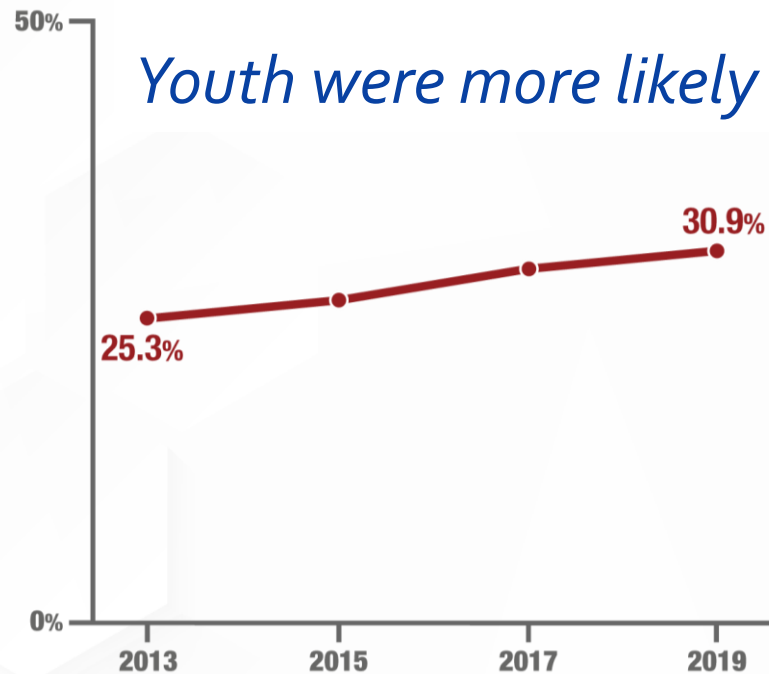


91% of youth respondents reported wearing a mask "most of the time" or "always"

Youth Risk Behavior Survey 2009-2019: % of High School Students Who....

...Used effective hormonal birth control the last time they had sex

...Used a condom the last time they had sex



Pandemic Adolescent Health: Youth Behaviors

Lindberg, LD, et al (2020). The Sexual and Reproductive Health of Adolescents and Young Adults During the COVID-19 Pandemic. *Perspect Sex Reprod Health*,10:1363.

- Youth continue to see friends and romantic/sexual partners
- Romantic and sexual interactions also happen virtually

Chaffee et al (2021). Adolescents' Substance Use and Physical Activity Before and During the COVID-19 Pandemic. *JAMA Pediatr*. Published online first, 3 May

¹⁷2021:e210541. doi: 10.1001/jamapediatrics.2021.0541.

- Reported use of tobacco, cannabis, alcohol did not change after the stay-at-home order period

Pandemic Adolescent Health: General Health Services

The pandemic has impacted and transformed health services for youth in a variety of ways.

- Interruption of preventative health services including vaccinations
- Telehealth and virtual communication have assumed more priority due to physical distancing constraints impacting care
- Traditional barriers to care for teenagers are now augmented by new access barriers
- Delayed or deferred care results in higher acuity at presentation

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Pandemic Adolescent Health: SRH Services

- Sexual and Reproductive health has been specifically challenged by access barriers to confidential care, testing and treatment supply shortages

Jan 2020 – CDC Recommendations for Providing Quality STD Clinical Services (STD QCS)

April 2020 – CDC Guidance for Disruption in STD Clinical Services; FDA reports Azithromycin shortage

May 2020 –STD Treatment Options Update

Sept 2020 – CDC Guidance for Shortage of STI Dx Kits and Lab Supplies

Dec 2020 – Update to CDC Tx Guidelines for Gonococcal Infection; 2021 STD Treatment Guidelines Preview

Pandemic Adolescent Health: SRH Services

Lewis R, et al (2021). Disrupted prevention: condom and contraception access and use among young adults during the initial months of the COVID-19 pandemic. An online survey. *BMJ Sex Reprod Health*, Published online first: 11 Mar 21. doi: 10.1136/bmjsex-2020-200975.

- Online survey of 2005 youth 16-24yo in the UK
- Factors impacting access to contraceptive services:
 - Restriction of SRH services, lack of knowledge about how to access
 - Closure of usual points of access for free condoms or services
 - Reluctance to access services during lockdown
 - Unable to access supplies/services due to independence, embarrassment or confidentiality constraints

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Pandemic Adolescent Health: SRH Services

Lewis R, et al (2021). Disrupted prevention: condom and contraception access and use among young adults during the initial months of the COVID-19 pandemic. An online survey. *BMJ Sex Reprod Health*, Published online first: 11 Mar 21. doi: 10.1136/bmjsex-2020-200975.

- Other key findings:
 - Confusing messages about contraception causing distress/anxiety
 - Limited STI testing contradicts messaging about routine/asymptomatic testing
 - Changes in sexual behavior – more unprotected sex, avoiding sex, stopping contraceptive method

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- National testing data 1/19-6/20
- CT/NG testing decreased by 59% for females (A) and 63% for males (B)
- Testing nadir in April 2020 accompanied by increase in CT/NG Positivity rates

Pandemic Adolescent Health: SRH Strategies

- Optimize preventive health opportunities
- Cultivate health literacy, including minors' rights to confidential SRH care, how to access health information and health services
- Re-evaluate minors' access to confidential SRH services in the context of pandemic changes to operations
- Get smart on social media and other youth-friendly virtual tools for health promotion, health education, and service delivery
- Leverage telehealth to expand access to SRH services

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Telehealth: Contraception

Some concerns can be initially or entirely managed via telehealth

- Contraception counseling
- Pregnancy concern and options counseling

Many forms of contraception can be prescribed by telehealth

- Provider comfort level with contraceptive management and familiarity with patient are key factors
- A pregnancy test is not strictly needed to assess for pregnancy prior to starting contraception

Telehealth: Contraception without a Pregnancy Test?

How To Be Reasonably Certain that a Woman Is Not Pregnant

In most cases, a detailed history provides the most accurate assessment of pregnancy risk in a woman who is about to start using a contraceptive method. Several criteria for assessing pregnancy risk are listed in the recommendation that follows. These criteria are highly accurate (i.e., a negative predictive value of 99%–100%) in ruling out pregnancy among women who are not pregnant (16–19). Therefore, CDC recommends that health care providers use these criteria to assess pregnancy status in a woman who is about to start using contraceptives (Box 2). If a woman meets one of these criteria (and therefore the health care provider can be reasonably certain that she is not pregnant), a urine pregnancy

CDC's "Selected Practice Recommendations for Contraceptive Use" offers guidance on assessing pregnancy risk by history alone (LMP and date of last sexual encounter).

Telehealth: STI Management

Most concerns can be initially or entirely managed via telehealth

- Detailed risk assessment, counseling and empiric treatment
- Need for in-person care can be determined on an individual basis
- Syndromic management can additionally limit in-person care; close follow up is prudent
- In-person care is indicated when sensitive physical exam or medical procedures are critical for management



Pandemic Adolescent Health: LGBTQ Youth

LGBTQ youth experienced an increase in disparity of negative mental health outcomes

Fish JN et al. J Adolesc Health. 2020 Sep;67(3):450-452.

- Social distancing may lead to loss of protective social connections

Kamal K, et al. Psychiatry Res. Published online first: 03 Mar 21. [10.1016/j.psychres.2021.113855](https://doi.org/10.1016/j.psychres.2021.113855).

- Sexual and gender minority (SGM) young adults had higher levels of depression, PTSD symptoms and COVID-19-related worries and grief than non-SGM, even after controlling for family support, lifetime discrimination, and pre-existing mental health diagnoses

Clinical Update 12/20: Management of Uncomplicated Gonorrhea

- Ceftriaxone monotherapy
 - A **single 500 mg IM dose of ceftriaxone** is now recommended for uncomplicated gonorrhea. Dose is 1 gram for persons weighing ≥ 150 kg (300 lbs).
 - Azithromycin is no longer recommended as adjunct due to *N. gonorrhoeae* resistance
- Chlamydia coinfection
 - Oral doxycycline (100 mg BID x 7 days) should be administered **when chlamydial infection is confirmed or has not been excluded**
- Expedited Partner Therapy for Gonorrhea
 - Partners may be treated with a single 800 mg oral dose of cefixime (Add Doxycycline 100mg BID x 7 days if chlamydia has not been excluded).
- Test of cure recommended for oropharyngeal gonorrhea

Clinical Preview 12/20: CDC STI Guidelines 2021

(anticipated release Summer 2021)

- Chlamydia
 - Updated gonorrhea guidelines recommend doxycycline over azithromycin for empiric cotreatment of chlamydia
 - For chlamydia only, doxycycline will also be preferred, due to superior coverage for rectal CT
- Be on the lookout for changes in management for:
 - *Trichomonas vaginalis*
 - Pelvic Inflammatory Disease
 - *Mycoplasma genitalium*

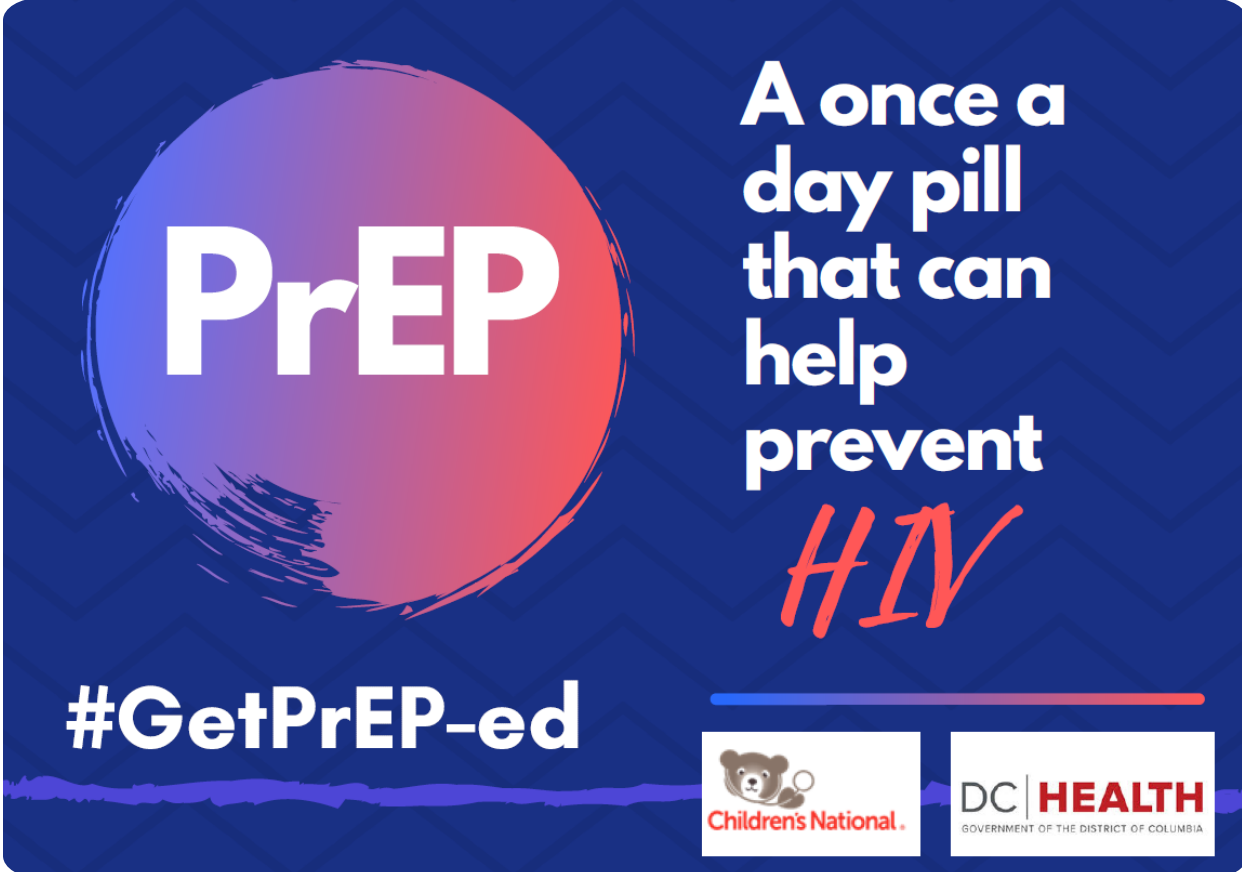
Clinical Update: HIV Pre-Exposure Prophylaxis (PrEP)

- HIV PrEP
 - Emtricitabine/tenofovir (Truvada)- any persons >35kgs
 - Descovy- not for cisgendered females having vaginal intercourse
- Link patients to PrEP services
 - MSM with STI's
 - Anyone with multiple STI's per year
 - Discordant partners of HIV+ individuals
 - Anyone interested in PrEP can be referred for education/counseling

Children's National HIV PrEP Hotline

For questions about HIV PrEP, or to make a referral for PrEP or to the STI/PrEP Clinic:



- Call 202-476-2519 or
- email PrEPServicesSIS@childrensnational.org
- Non-urgent referrals or consultation
- Patient support includes transportation to medical appointments, adherence support, insurance assistance for PrEP



PrEP

A once a day pill that can help prevent
HIV

#GetPrEP-ed

Virtual Teen Health Sessions*

- Weekly virtual reproductive health sessions
- Confidential
- Hormonal contraceptive methods
- Proper condom use
- STI symptoms
- Text TEEN HEALTH to 202-780-6703

**Services currently on hold, please contact us before making a referral*



Join us **Wednesdays @12**
and **Thursdays @4** for our

VIRTUAL TEEN HEALTH SESSIONS


Children's National.

**DURING THE SESSION
YOU WILL LEARN ABOUT:**

- ✓ ALL Birth Control methods
- ✓ STIs: Symptoms, Testing & Treatment





Children's National Hospital Grand Rounds

2021 Pride Lecture, June 16, 2021, 8-9am

“The right to high-quality care: confronting our barriers to providing care for all trans and gender diverse youth”

Frances Grimstad, MD, MS

Division of Gynecology, Department of Surgery

Boston Children's Hospital

Assistant Professor of Obstetrics, Gynecology, and Reproductive Biology, Harvard Medical School

Zoom information:

<https://childrensnational.zoom.us/j/94466886479>; Webinar ID: 944 6688 6479

**This lecture will not be recorded*

COVID & Beyond Social Media Campaign

Teen friendly information about a wide range of issues not limited to:

- COVID
- Reproductive health
- Self care/Coping
- Virtual learning
- Civic participation

*Youth-driven content curated by
COVID & Beyond youth ambassadors*

https://www.instagram.com/covid_and_beyond/



Clinician Resources: STI Management

Barrow RY, Ahmed F, Bolan GA, Workowski KA. Recommendations for Providing Quality Sexually Transmitted Diseases Clinical Services, 2020. MMWR Recomm Rep 2020;68(No. RR-5):1–20. https://www.cdc.gov/mmwr/volumes/68/rr/rr6805a1.htm?s_cid=rr6805a1_w

CDC Guidance for Disruption in STD clinical services, Letter dated April 6, 2020, DHHS: <https://www.cdc.gov/std/dstdp/DCL-STDTreatment-COVID19-04062020.pdf>

CDC Guidance for Shortage of STI Diagnostic Test Kits and Laboratory Supplies, Letter dated September 3, 2020, DHHS: <https://www.cdc.gov/std/general/DCL-Diagnostic-Test-Shortage.pdf>

CDC Guidance and Resources During Disruption of STD Clinical Services <https://www.cdc.gov/std/prevention/disruptionGuidance.htm>

Clinician Resources: STI Management

Centers for Disease Control and Prevention. Sexually Transmitted Diseases Treatment Guidelines, 2015. MMWR Recomm Rep 2015;64(No. RR-3): 1-137.

<https://www.cdc.gov/std/tg2015/default.htm>

Centers for Disease Control and Prevention. Update to CDC's Treatment Guidelines for Gonococcal Infection, 2020. MMWR 69(50);1911–1916.

https://www.cdc.gov/mmwr/volumes/69/wr/mm6950a6.htm?s_cid=mm6950a6_w

Sexually Transmitted Diseases

Summary of
2015
CDC Treatment Guidelines

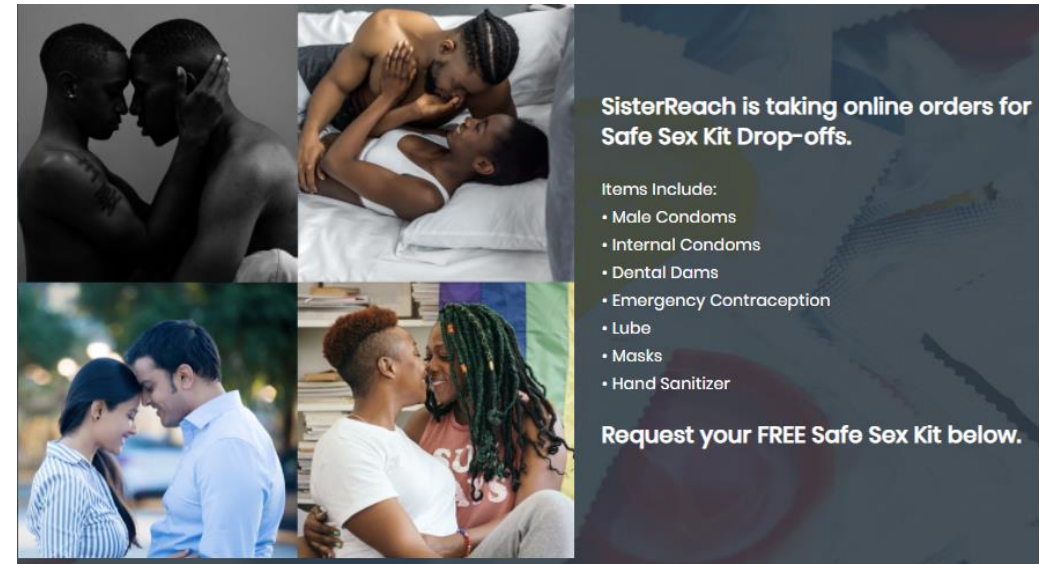


← We recommend the app.

Programs for free delivery of condoms & sexual and reproductive health supplies:

DC Dept. of Health

- DC residents can get information and order a test for mailing to their DC address at [GetCheckedDC.org](https://getcheckeddc.org) [getcheckeddc.org]
- DC Health and Wellness Center at (202) 741-7692
 - Patients with symptoms Mon/Wed/Fri 9am-3pm
 - Patients with NO symptoms - express clinic, no doctor present Tue 8:15-3p/Thur 8:15am -11:15am
 - For uninsured DC residents, services will be covered free of charge



SisterReach is taking online orders for Safe Sex Kit Drop-offs.

Items Include:

- Male Condoms
- Internal Condoms
- Dental Dams
- Emergency Contraception
- Lube
- Masks
- Hand Sanitizer

Request your FREE Safe Sex Kit below.

Other websites

<https://www.sisterreach.org/safe-sex-kit.html>

<https://sexisdco.org/freecondoms/>

<https://sexualbeing.org/get-condoms/free-condoms/>

<https://dchealth.dc.gov/service/condoms-and-condom-information>

Clinician Resources: Contraception Management

Curtis KM, Tepper NK, Jatlaoui TC, et al. **U.S. Medical Eligibility Criteria for Contraceptive Use**, 2016. *MMWR*; 65(RR-3):1–104.

<https://www.cdc.gov/reproductivehealth/contraception/mmwr/mec/summary.html>

Curtis KM, Jatlaoui TC, Tepper NK, et al. **U.S. Selected Practice Recommendations for Contraceptive Use**, 2016. *MMWR*; 65(RR-4):1–66.

https://www.cdc.gov/reproductivehealth/contraception/contraception_guidance.htm#usspr

We recommend the app →



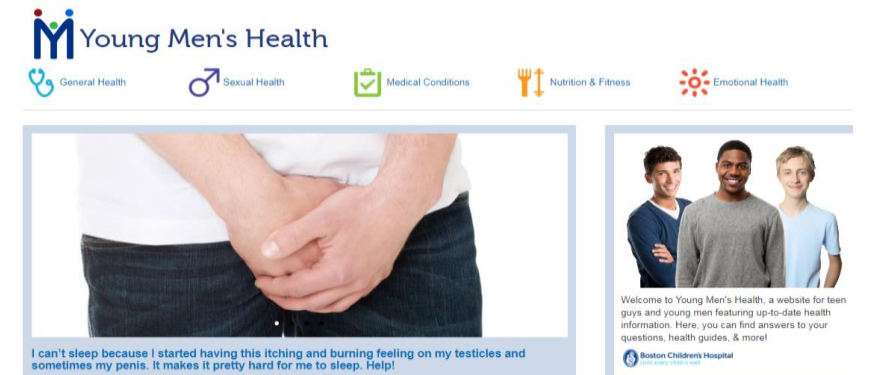
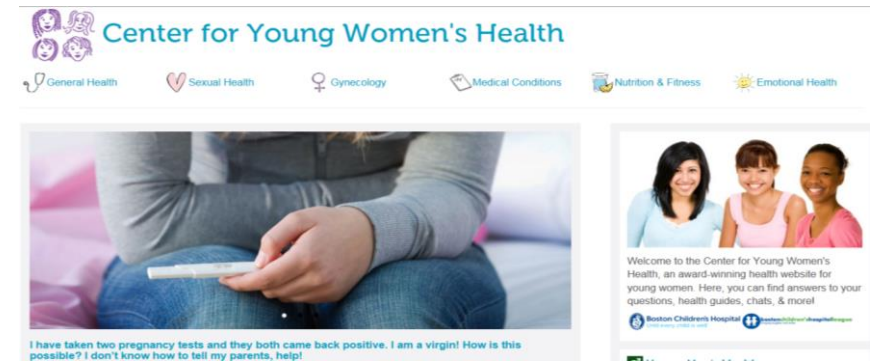
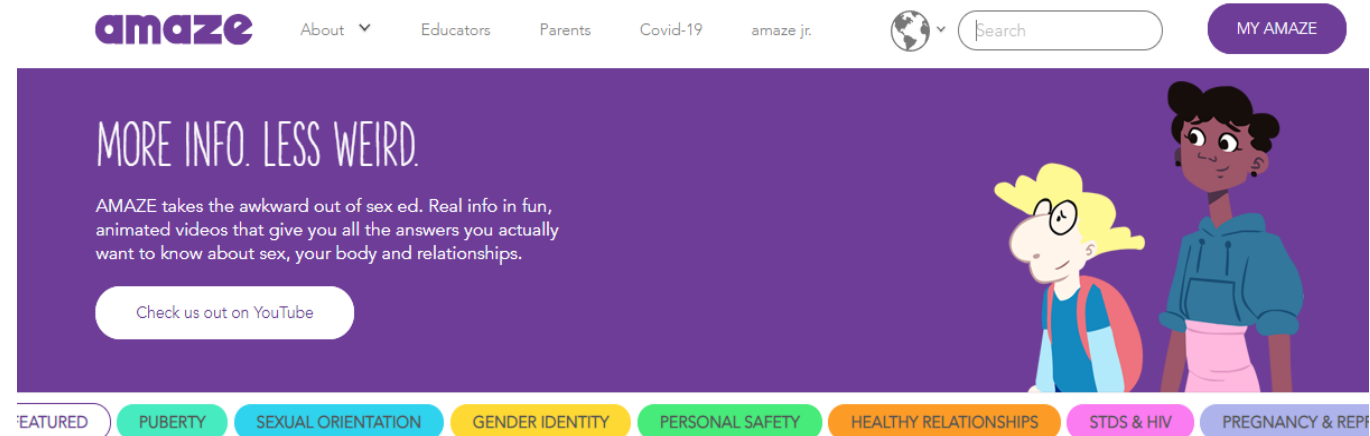
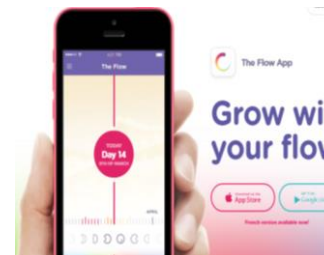
Youth Digital SRH Resources

Websites:

- Advocates for Youth <https://advocatesforyouth.org/>
- Amaze www.amaze.org
- Beyond The Pill <https://beyondthepill.ucsf.edu/educational-materials>
- Center for Young Women's Health <https://youngwomenshealth.org/>
- Latin American Youth Center <https://www.layc-dc.org/>
- Medical Institute for Sexual Health <https://www.medinstitute.org/>
- Young Men's Health <https://youngmenshealthsite.org/>
- Parents and Friends of Lesbians and Gays <https://pflag.org/>
- Partners In Contraceptive Choice And Knowledge https://picck.org/patient-resources/?fwp_resource_category=patient-counseling-and-education
- Planned parenthood
 - <https://www.plannedparenthood.org/planned-parenthood-metropolitan-washington-dc/patient-resources/teen-health-services>
 - <https://www.plannedparenthood.org/learn/teens>
- Reproductive Health Access Project <https://www.reproductiveaccess.org/contraception/>
- Scarlet teen www.scarletteen.com
- Sex,etc. www.sexetc.org
- Supporting and Mentoring Youth Advocates and Leaders <https://smyal.org/>
- STD Wizard <https://stdwizard.com/#/home>

Apps:

- Clue
- Flow
- Planned parenthood
- Sisterhood





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Thank you!

The recording, presentation and materials will be posted on our website shortly.

Questions? Contact us at phn@childrensnational.org